

March 4, 2005

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health Asks Public for Input about Physical Activity and Nutrition

South Central District Health, in partnership with the Idaho Department of Health and Welfare, is seeking public involvement on creating an action plan to promote improved health for south central Idaho residents through physical activity and nutrition. The newly-formed Idaho Physical Activity and Nutrition (IPAN) Program is holding the Community Needs Assessment Forum on Thursday, Mar. 17, from 10:30 a.m. to 2 p.m. at South Central District Health, located on the College of Southern Idaho campus. The general public is welcome to attend. Since space is limited, reservations must be made by Mar. 11 by contacting Tami Pearson, South Central District Health IPAN Coordinator, at 737-5945.

The mission of the Idaho Physical Activity and Nutrition (IPAN) Program is “to create a culture of health and vigor by encouraging and enabling Idahoans to be physically active and make good food choices.” It is known that sedentary living and poor eating habits cause and worsen many chronic diseases, decreasing longevity and quality of life. Involvement in the meeting will help create action steps aimed at promoting healthy alternatives which reflect area residents’ needs and interests.

Input from the public forum will help create a statewide assessment of resource availability and gaps, issues and opportunities for improvement, and best practices related to the promotion of healthy lifestyles. The information will become the focal point of a statewide summit, which will help identify and prioritize key elements of a state strategic plan for physical activity and nutrition.

###